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Head Teacher: Miss E Anderson
Deputy Head: Mrs P Jeremaes
Deputy Head: Mrs N Oxe



23rd November 2023

Dear Parents and Carers,

Brain Buddies & Presentation to Parents Friday 8th December at 1:20pm

Year 4 children have been working together and learning about emotional regulation during the intervention Brain Buddies. They will be presenting to parents on Friday 8th December at 1:20pm in the small hall.

Brain Buddies aims to develop children's understanding of and skills in emotion regulation – noticing and managing their feelings. The sessions have helped them to: - understand and identify their feelings - understand how their brain works - develop strategies and learn skills for regulating their emotions. This is also covered in the PSHE curriculum: Managing and Understanding Emotions. The intervention has been delivered by the class teacher and members of the Peterborough Mental Health Support Team which is part of the NHS Emotional Health and Wellbeing Service.

The presentation on **Friday 8th December at 1:20pm** will be in a similar style to a class assembly and the children are really looking forward to sharing what they have learned. Please arrive at the main office at 1:15pm and we do hope you can join us.

Yours sincerely

Mrs P Jeremaes

Deputy Headteacher



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